



ACTIVE LIVING RESEARCH

Promoting activity-friendly communities.

2015 ALR Annual Conference

February 23, 2014

ACTIVE LIVING
RESEARCH

Conference theme

- 2014: Niche to Norm
- 2013: Achieving Change Across Sectors: Integrating Research, Policy and Practice
- 2012: Disparities in Environments and Policies that Support Active Living
- 2011: Partnerships for Progress in Active Living: From Research to Action
- 2010: Engaging Communities to Create Active Living Environments
- 2009: Active Communities for Youth and Families: Creating Momentum for Change
- 2008: Connecting Active Living Research to Policy Solutions
- 2007: Active Living in Diverse and Disadvantaged Communities

Science of policy implementation



- From research to policy (translation) to....
 - What determines whether policies are implemented well?
 - What strategies can practitioners and policy makers apply to improve policy implementation?
 - How can advocates monitor (or increase) the quality of implementation?

What is policy implementation?

- Policies: set of guidelines, principles, directives, or statements of intent (e.g., law, orders, court decisions, rules) regarding future behaviors
- Implementation: activities and actions that follow a policy, to achieve its goals

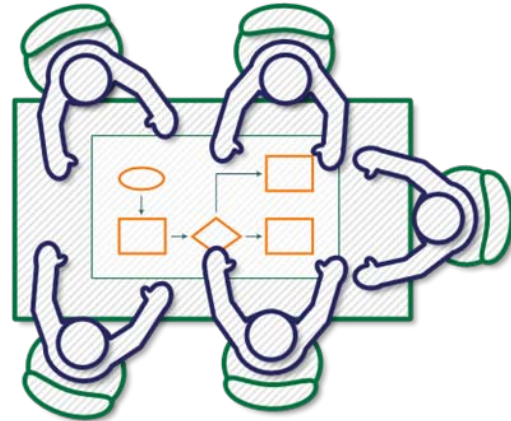
Examples

- National PA Plan
- Nutrition standards for school meals (Healthy, Hunger Free Kids Act)
- Complete streets policies: 28 states
- Local greenways plan



Activities and actions

- Interpret policy
- Dispense applicability
- Provide guidance
- Direct resources



<http://www.loanbeam.com/training-and-implementation/>

Level	Executive Officials and Organizations	Legislative Officials and Organizations	Bureaucratic Officials and Organizations	Nongovernmental Individuals and Organizations	Judicial Officials and Organizations
Federal	President Executive Office of the President Staff	Congress (committees and individual members) Congressional staff and support agencies	Department and agency heads Staff-civil servants (Washington and regional)	Corporations Labor unions Interest groups Advisory bodies Nonprofit agencies Media	Federal judges Law clerks Marshals Masters, experts US Attorneys

Source: www.csub.edu...ppa_503

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State	Governor Governor's staff	State legislature (Committee and individuals) Staff and support agencies	Department and agency heads Staff-civil servants (state capitol and regional)	(Same as above with state focus and impact)	State judges Law clerks Miscellaneous state judicial officials

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Local	Mayor County commissioners Other local elected officials Staff	City councils, board of commissioners, other local elected officials, staff	Department and agency heads Staff-civil servants (central and field offices)	(Same as above with local focus and impact)	Local judges Law clerks Miscellaneous local judicial officials

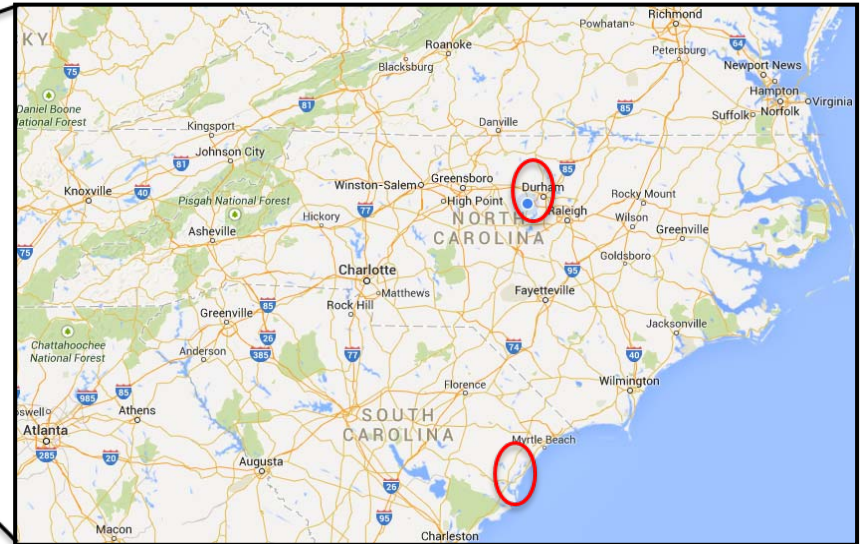
Source: www.csub.edu...ppa_503

A tale of two trails

- Durham Cty, NC



- Georgetown Cty, SC

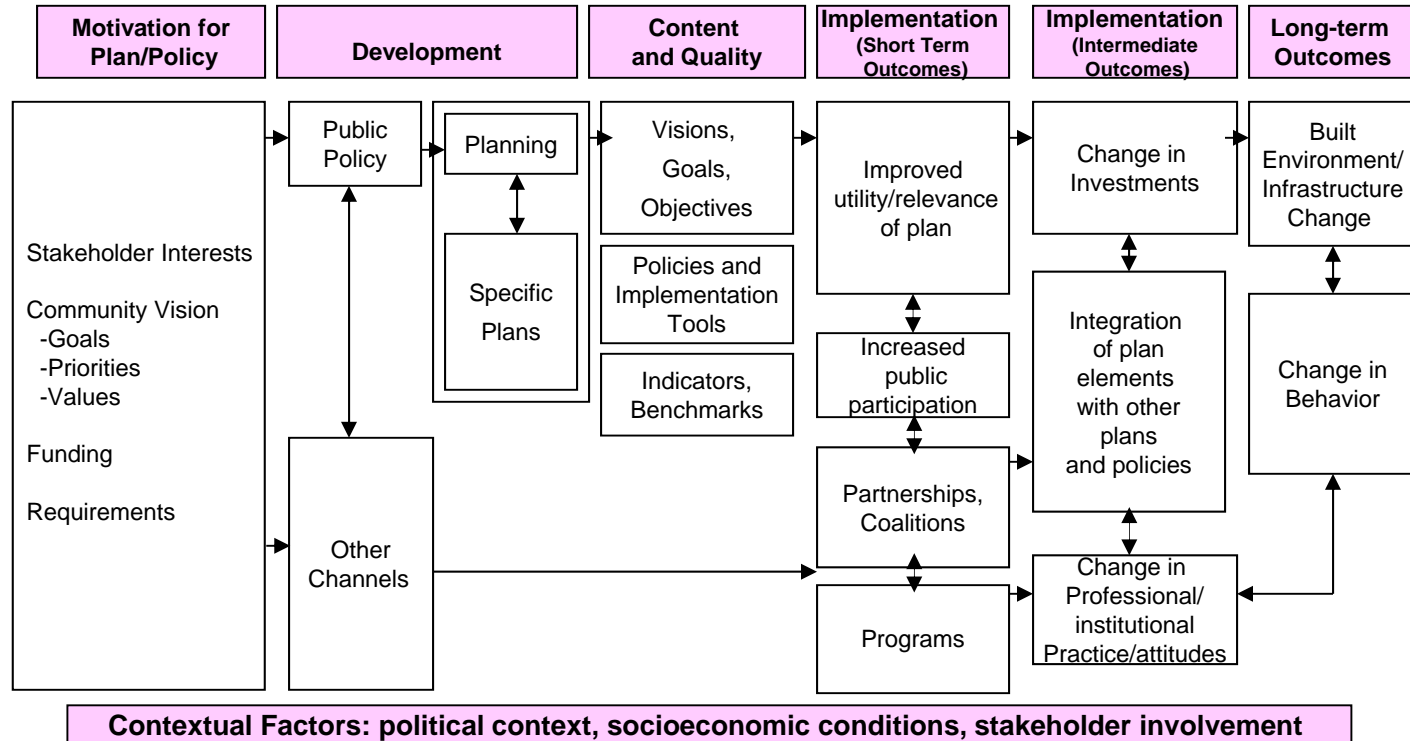


A tale of two trails

- Durham Cty, NC
 - Top-down (council)
 - Financed through bonds, easement ordinance
 - “If we had that [a master plan and supportive regulatory structure] 50 years ago, we’d have a whole lot more trails”
- Georgetown Cty, SC
 - Bottom-up (citizens)
 - Got it on plan
 - Transportation enhancements funds
 - Planner discretion
 - Enforcement of trail rules a challenge

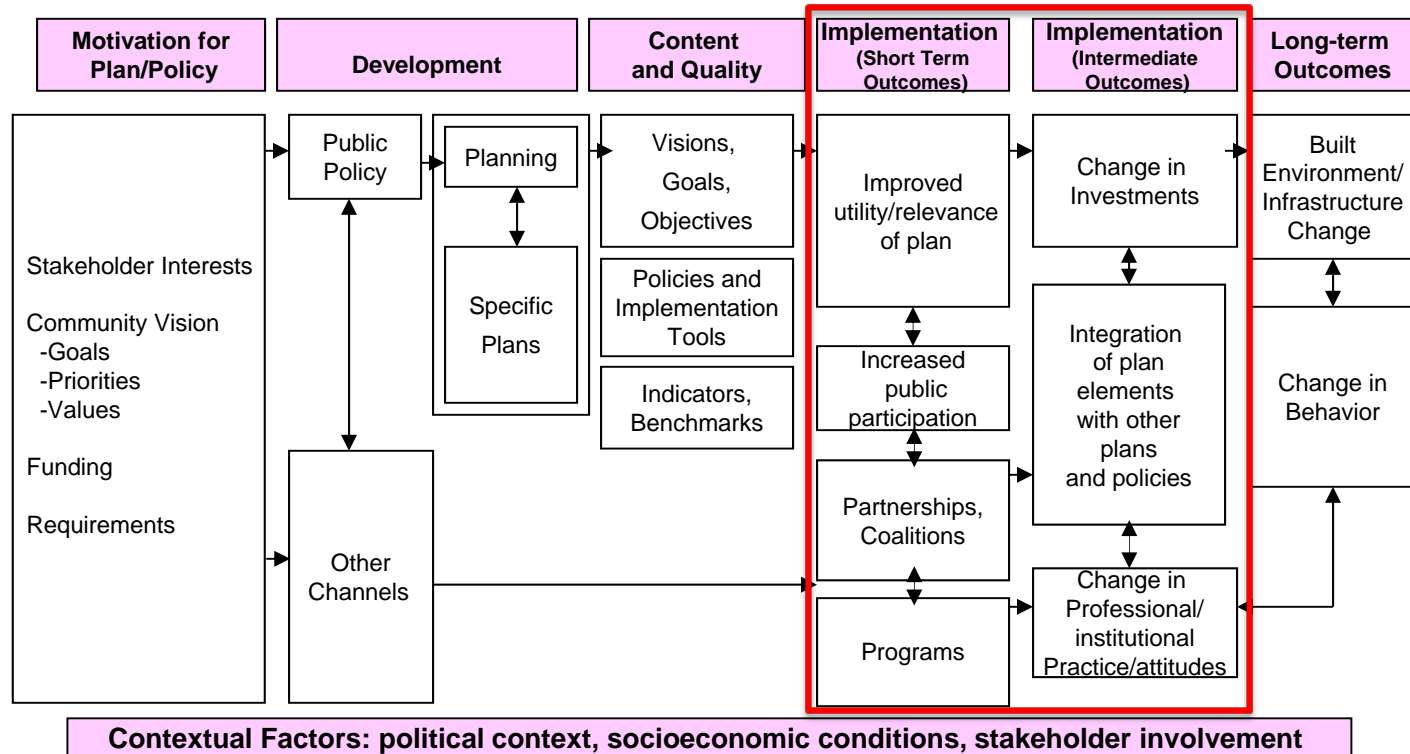
Source: Gilchrist et al, 2011

Success of plan: implementation



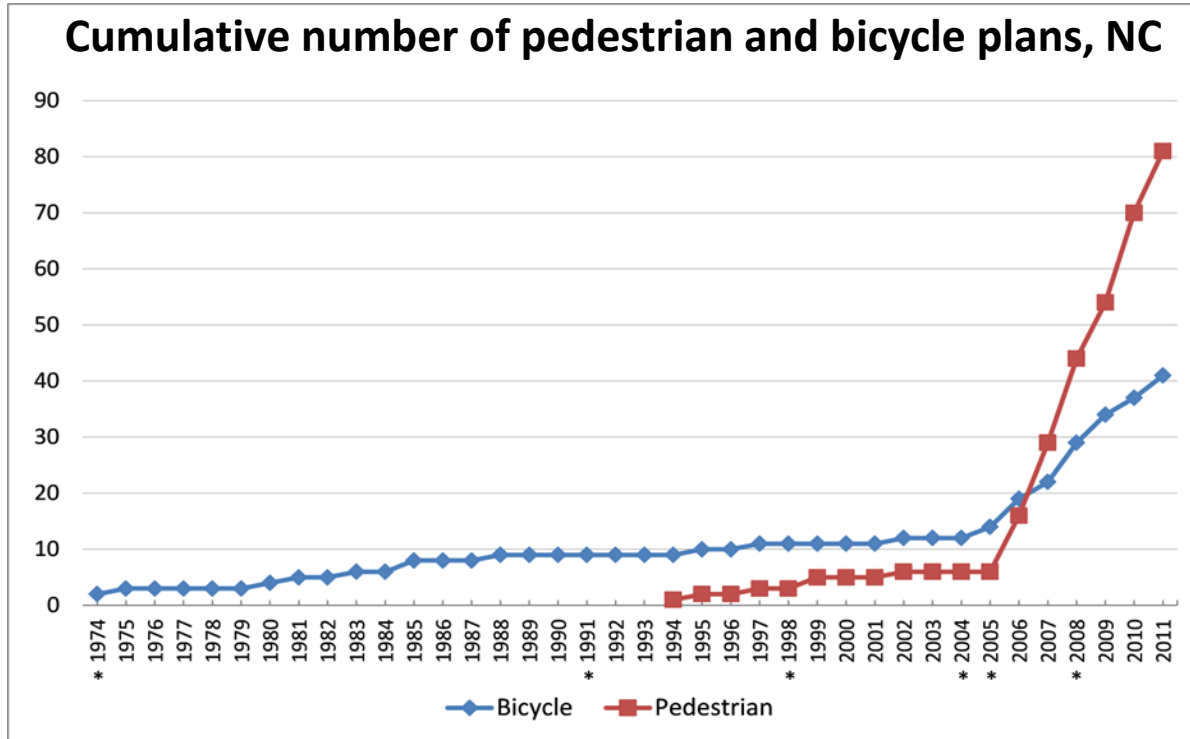
Modified from Aytur, 2008.

Success of plan: implementation



Modified from Aytur, 2008.

Plan's influence on others

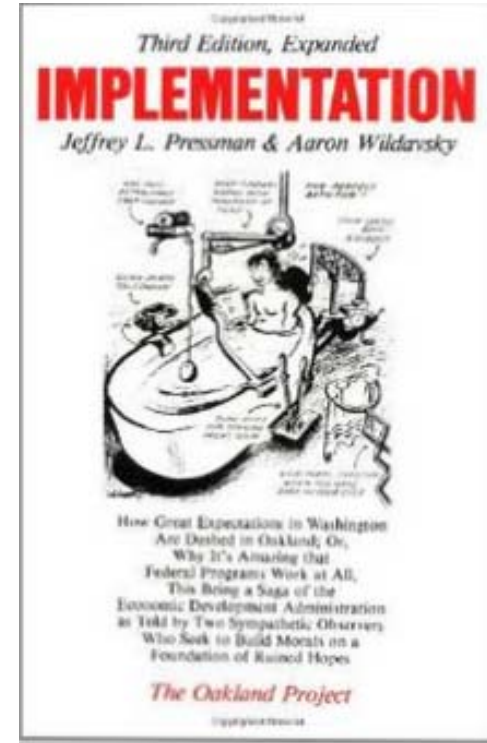
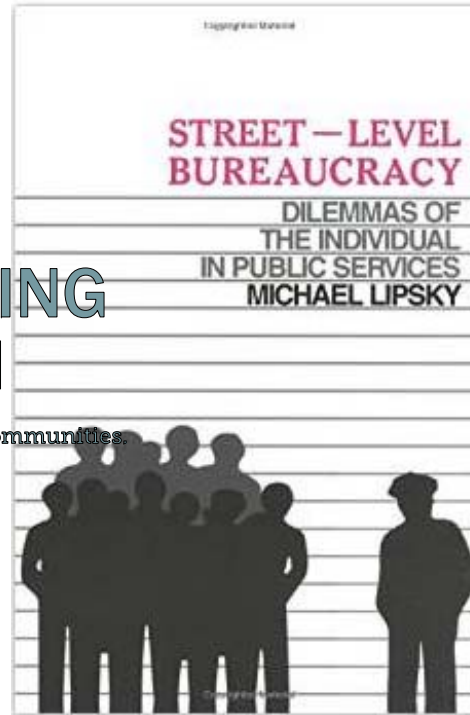


Expanding the disciplines



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RESEARCH

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And you?

- Desire to highlight experience with policy implementation, national and international
- What have you learned?

Share with us your examples



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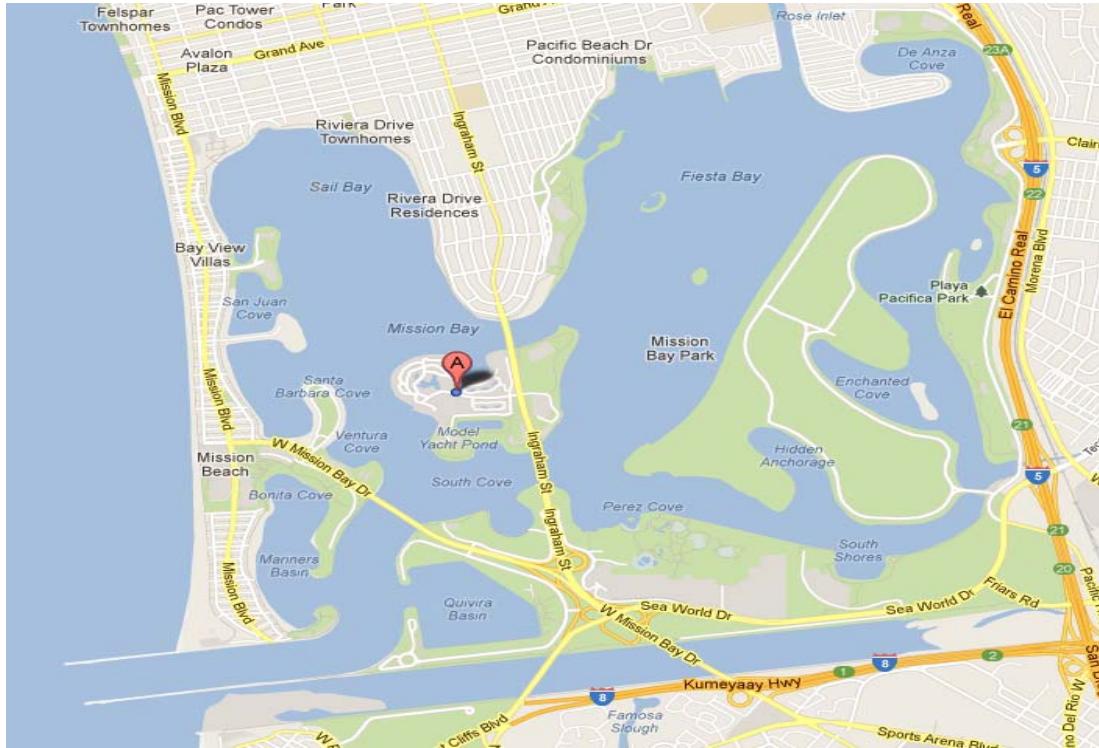
Promoting activity-friendly communities.

Welcome to the 12th ALR Conference

February 23, 2015

Jim Sallis, Director

Welcome to Mission Bay Park



Many ways to be active



About Active Living Research

- **Supported by the Robert Wood Johnson Foundation**
 - Contribute to RWJF goal of ensuring healthy weights for children
 - Managed \$28 million in research grants
 - 230 grants
 - 400+ scientific papers
 - Many policy impacts
- **Objectives:**
 - To **establish a strong research base** regarding effective policy and environmental strategies for reversing the childhood obesity epidemic, focusing on populations at highest risk;
 - To build a vibrant, **multidisciplinary field** of research and a diverse network of researchers;
 - **To ensure that findings are effectively communicated to inform policy debates and guide the development of effective solutions.**

ALR2015 Program Committee

- **Program Committee Chair**
 - Daniel Rodriguez, PhD. Distinguished Professor of Sustainable Community Design, U of North Carolina, Chapel Hill
- **Program Committee**
 - Semra Aytur, PhD, MPH. U of New Hampshire
 - Zanaaz Bashir, MPH. National Recreation & Park Assoc
 - Rochelle Carpenter. Nashville Area Metropolitan Planning Org
 - Dustin Duncan, PhD. NYU Langone Medical Center
 - Michael Kanters, PhD. North Carolina State U
 - Shawn McIntosh. American Public Health Assoc

Active Living Research staff

- Carmen Cutter – Co-Director
- Chad Spoon
- Amanda Wilson
- Debra Rubio

Our website is designed for you

- Designed for researchers, advocates, practitioners and policymakers
- Content organized to make all resources easily accessible
- Interact with ALR
 - Move! blog
 - Social media



New infographics

¿Hay Lugares Seguros Para Que TODOS los Niños Puedan Realizar Actividades Físicas?

Las comunidades de color y/o de bajos ingresos tienen tasas mayores de obesidad. Además, carecen de lugares atractivos, convenientes y seguros para actividades físicas.

FALTA DE INSTALACIONES RECREATIVAS
70% y **81%**
 de los vecindarios afroamericanos de los vecindarios hispanos carecen de instalaciones recreativas.

ACERAS DE BAJA CALIDAD
38 veces más probable que las aceras en los vecindarios afroamericanos sean de baja calidad.

MENOS RECREO
159% más probable que los niños que viven por debajo del nivel de pobreza se vean privados del recreo.

CONDICIONES PELIGROSAS
 Cada año, las comunidades hispanas sufren **3.6** y **45.5** más accidentes por milla de calle más delitos por acre comparadas con las comunidades blancas.

Para mayor información, vea nuestra síntesis de investigación www.activelivingresearch.org/disparities

Salud America!
www.salud-america.org

Active Living Research
www.activelivingresearch.org

Referencias: FALTA DE INSTALACIONES RECREATIVAS: Moore, L.V. et al. (2008). Availability of Recreational Resources in Minority and Low Socioeconomic Status Areas. American Journal of Preventive Medicine, 34(4): 16-22. MENOS RECREO: Roubil, J.L. et al. (2003). What Happens during the School Day? Time Diaries from a National Sample of Elementary School Teachers. Teachers College Record, 105 (3): 317-343. ACERAS DE BAJA CALIDAD: Kelly, C.M. et al. (2007). The Association of Sidewalk Walkability and Physical Disorder with Area-Level Race and Poverty. Journal of Epidemiology and Community Health, 61:978-983. CONDICIONES PELIGROSAS: Zhu, X. and Lee, C. (2008). Walkability and Safety around Elementary Schools: Economic and Ethnic Disparities. American Journal of Preventive Medicine, 34(4): 282-290.

active kids learn better

physical activity at school is a win-win for students and teachers

GRADES: **20%** more likely to earn an A in math or English

STANDARDIZED TEST SCORES: increased **6%** over 3 years

JUST ONE PHYSICALLY ACTIVE LESSON CREATES: **13%** increase in students' physical activity for the week

21% decrease in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:

after 20 minutes of sitting quietly after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity: students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months: memory tasks improved 16%

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

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Who are we?

www.activelivingresearch.org



Conference journal & Name tag dots

Conference Journal

- Preventive Medicine Supplement, December 2014. “Niche to Norm”
- Guest Editors: Keshia M. Pollack, Erualdo R. González, Erin R. Hager, James F. Sallis
- Open access available on ALR website:
<http://activelivingresearch.org/resourcesearch/journalspecialissues>
- Print copies will be mailed to you post-conference.

Dots on your name tag

- Meet and mingle with people who have different colors



= researcher



= practitioner

**See page 24 in
conference
program**

Poster Awards

See page 24 in
conference program

- **ALR Poster Award**
 - 3 yellow, smiley face stickers
 - **Vote for top 3**, considering both content & visual presentation



- **CDC Excellence in Safety Research Award**



Twitter contest

See page 24 in
conference program

- Share your conference experiences!
- Tweet 10 times using @AL_Research in combination with conference hashtag #ALR2015
- Mention any element of conference you found stimulating
- Chance to win \$50 Amazon gift card



ActiveLivingResearch
@AL_Research

Follow all the [#physicalactivity](#) action at the [@AL_Research](#) conference by following the conference hashtag [#ALR2015](#). Share your experiences!

ALR is an active meeting

- Walk and talk during breaks – **meet people from different fields**
- Tuesday afternoon activity breaks
 - Change clothes as needed
 - Please do NOT use this time for email. Get moving.
- Activity breaks in plenary sessions
- Active applause in all sessions
- Cultural dance lessons TONIGHT
- **Use these ideas in your own meetings**





Moving toward a new ALR

www.activelivingresearch.org



ALR is always evolving



ACTIVE LIVING RESEARCH

Promoting activity-friendly communities.


ALR is always evolving

- New emphasis on using research to create the most active living communities possible, accessible to all
- See our brochure—and share it
- We want to bring the best evidence and expertise to policy makers and practitioners
 - Perhaps we will call on you




2016 ALR Conference??

- Yes, there will be one
- Late January
- Location – Clearwater, Florida.
On the beach.
- Partnering with Elsevier
- More information at closing session on Wednesday




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Organised by



ELSEVIER

Active Living Research 2016



Save the date
31 January – 3 February 2016

Hilton Clearwater Beach, Florida, USA

More details coming soon...

Follow @AL_Research Follow @Transport_ELS #ALR2016
To register your interest contact l.sobey@elsevier.com



16 - 19 November 2016 Bangkok Thailand

The International Congress on Physical Activity and Public Health

The 6th ISPAH International Congress on Physical Activity and Public Health

16 – 19 November 2016 at
QSNCC, Bangkok Thailand

- **Website**
www.ispah2016.org/
- **Facebook**
www.facebook.com/ispah2016
- **Twitter**
www.twitter.com/ispah2016
- **YouTube**
<http://youtu.be/b13LYat1J00>
- **E-mails:**
secretariat@isaph2016.org
programme@ispah2016.org
mediainfo@ispah2016.org

Technology Sponsors – check them out



Goals for the meeting

- Our goal is to use research to activate the nation and change the world
- We want this conference to change the way you work
 - Take full advantage of your chance to meet people from more than 30 academic fields and many sectors of society
 - Let's build an ongoing exchange among researchers, practitioners, and policy makers
- Broadcast the conference via Twitter
- Come and DANCE tonight
- Thank you for spending your time with us
- Stay until the end – endurance prizes!